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9/5/2013

7 Comments (<http://www.ultimatetruthofself.com/higher-consciousness/spiritual-importance-of-hair#comments>)

A **hairstyle**, has become one of the aspects of personal grooming and fashion. Some hairstyles are also being influenced by the cultural and popular considerations.



The significance of hair on our head is much more than just looking good.

According to the yogic tradition, hair is a wonderful gift of the nature, that helps to raise the **Kundalini energy** (<http://www.ultimatetruthofself.com/7/post/2013/08/kundalini-energy-and-its-serpent-symbolism.html>), which is the force that increases the energy, tranquility and intuition.



(<http://www.ultimatetruthofself.com/7/post/2013/02/the-seven-human-energy-chakras.html>)).

## How HAIR CUT started?

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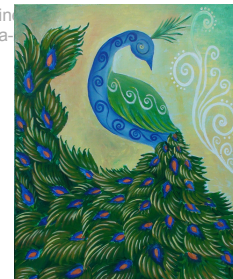
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In ancient days and even till a few decades back, people from different culture, did not use to cut their hair. But, their hair was cut forcefully, as a symbol of slavery, during the time they were conquered or enslaved. Because at that time conquerors understood that, certain natural power gets decreased because of hair cut and becomes easy to control them.

**Bones in the forehead area are penetrable, so it functions to transmit the LIGHT to the pineal gland. This affects the activity of the brain, which in turn maintains the balanced thyroid and sexual hormones.**



But cutting bangs, which covers the forehead obstructs this process. So, when China was conquered by the king "Genghis Khan", he understood that the Chinese were very intelligent and wise, who do not allow themselves to be suppressed. Therefore he made all the women in the country to wear bangs by cutting their hair, forcibly. Because he knew that, this would help to control them easily.

Later, as the time moves on, knowledge about the importance of hair was lost and the hair cut became more popular, which resulted to grow focus on creating fashion styles to hair.

## Science of HAIR

When the hair on our head has grown to its full mature length, then calcium, phosphorous and vitamin D are produced. They enter the lymphatic fluid and gradually to the spinal fluid through the two ducts on the top area of the brain. These ionic changes create the more efficient memory and results good physical energy, stamina and patience.

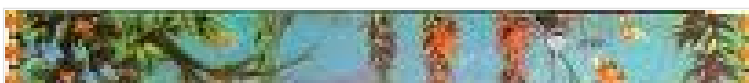
Moreover, hairs are the antennas which channel the gathered "Sun Energy" or "Pranic Energy" to the Frontal Lobe (part of the brain used in the visualization and meditation). So, these antennas acts as a tube to bring the greater quantities of subtle cosmic energy.

If you opt to cut your hair, you not only lose the nourishment and energy consisted in it, but also your body again has to provide lots of life energy and nutrients to regrow the missed hair. It may take at least three years from the time of your haircut, for the new antennas to create at the tips of the hair.



## Spiritual and Healthy HAIR CARE

In India, Rishis were well known for their wisdom and coiling their hair up on the crown of the head, during the day to energize the cells of the brain and then combs it down at night. Because "Rishi knot", activates the magnetic field or Auric field and stimulates the pineal gland at the center of the brain.



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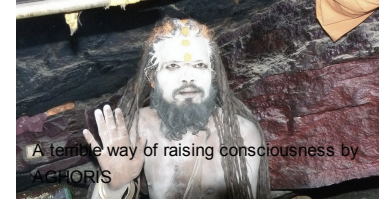
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This activation of the pineal gland, results to the higher spiritual perception and intellect.

The hair absorbs "Solar Energy", during the day and "**Lunar Energy** (<http://www.ultimatetruthofself.com/7/post/2013/08/influence-of-the-moon-on-the-human-beings.html>)", during the night. Keeping the hair up in the day and down in the night helps in this process.

Braiding the hair at night will help the Electromagnetic Field or **Aura** (<http://www.ultimatetruthofself.com/7/post/2013/03/the-aura.html>), balance out for the day.

### **Split Ends**

Loosely left and scattered hair may develop split ends.

Instead of trimming the split ends and loosing the antennas, it is better to apply Almond oil to the hair overnight, as it absorbs before you wash it in the next day morning.

If you have a long hair, you can experience the difference when it is "cleaned and coiled at your crown" and "let it down and loose".



### **Wet Hair**

Wet hair must be dried to avoid headache and also when you put up your hair wet, it tends to break. It is always a better option to take time to sit in the Sun and naturally dry your hair, as it absorbs some extra amount of vitamin D.

It is very much beneficial to wash the hair after being upset or tend to low mood. Because, it helps to process out the emotions freely.

That is why, there is a tradition in India, to have head bath, after returning from the death of someone.

### **Wooden Comb**

Combing the hair at least twice a day, helps in a lot of blood circulation in the scalp and stimulates it. It is always a better choice to opt wooden comb for that. Because it does not create the static electricity, which decreases the hair's energy to the brain.

If you comb your hair on the scalp from front to back, back to front and then right to left for quite a number of times, irrespective of the length of your



hair, you experience a great refreshment. All the tiredness will vanish just like that!

For women, to maintain a healthy menstrual cycle, good eyesight and youthfulness, the above said technique of combing have to be done twice a day.

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If you are balding, the lack of hair energy can be prevented with more meditation. If you find some white color strands in your hair, be aware that, they are increasing the flow of vitamins and energy to compensate aging.

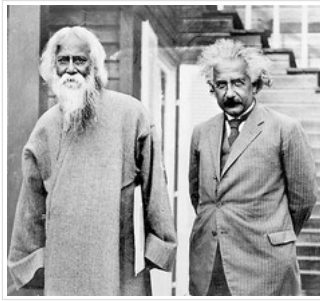
As you age, try to keep your hair as natural and healthy as possible for the healthy brain.

### **Rabindranath Tagor's words on his HAIR**

Once, Rabindranath Tagore, the great poet and Self Realized man was travelling in a steamer ship and met one of his friends.

After a long conversation, his friend said to Tagore that "I understand that you are a Self Realized man and I am feeling very much anxious to know, what was the first action you did, after becoming aware of Oneness in all".

Tagore smiled and replied that "When I realized the Oneness in all, I have thrown my shaving kit into the ocean, since I gave up my ego and surrounded completely to the nature. I wished to live in the form that the Creator has given to me and so I am now".



TAGORE with EINSTEIN

When we allow our hair to grow, it is nothing but welcoming the maturity in us with great joy and allowing to grow fully to become powerful. That is why, we can find a unique grace and calmness in a person with uncut hair from the birth (if it is maintained well).

### **Then why some people shave HAIR on their heads ?**

It is quite known thing that some people shave their heads as a summer relief. Some others do so as a religious act.

But people, who practice certain types of spiritual practices shave their heads for a divine reason. That is, if the hair on the head is shaved, the "existing energies of the body" move in that direction to provide life energy and nutrients to regrow the hair on the scalp.

It is observed that, they mostly prefer to shave on the "New Moon day", as on the "No Moon Day or Amavasya" and "New Moon Day", there will be an increase of energy in the humans.

So they want to activate it more, followed by their Spiritual practice. There will not be much difference without that practice.

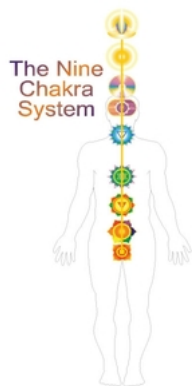


**A spiritual seeker, who wish not only for his personal spiritual well-being, but also wish to participate in the other great possibilities, by making himself as an instrument, always grabs the little supports available in the nature like Shaving the head.**

There are some cases that, women who had never shaved their head at least once in their lifetime, became mental imbalance after shaving their head for the first time.

Because in such case, normal people cannot handle the excessive energy flowing in that direction. If a little imbalance is already present, it exaggerates more by itself.

But if it can be balanced properly followed by the necessary Spiritual practice, it benefits a lot.



When a practitioner reaches to a state, where all his energies are bursting out of his head (Crown Chakra), he activates the two more Chakras which are located above the physical body. Then he will never shave his head. Rather he would prefer to grow his hair and if it is not sufficient, tie a cloth to his head to be nurtured and protected.

Once the Chakras above the physical body are activated, there is a possibility for the physical body to get damaged. Because it draws energy more than it should. Due to this reason, lot of Yogis die in their thirties itself. Since they cannot handle that much energy, as they may not know all the facets of the body.

If the practitioner is not rooted well in his physical body, then he may definitely get affected by the higher possibilities. It means either his physical body loses its capability or he may leave the body altogether.

Because of this reason, "Hata Yoga" is very important to practice. Because it makes the body to manage in such a way that, all the energies will be rooted well without imbalance even in the

higher possibilities.







Practicing HATHA YOGA

Hence the Creator has given "Hair" to us with a definite and divine reason.

Reference: [www.MyYogaSource.com](http://www.MyYogaSource.com), Sadguru Jaggi Vasudev's wisdom

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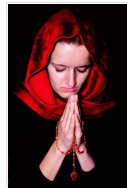
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4/6/2014 00:27:05

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Harmeet Singh Batra

4/6/2014 00:27:51

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hayadihaircare (<http://www.hayadi.com/>)

7/7/2014 00:20:14

Thanks for sharing this article.

<a href="http://www.hayadi.com">Organic Hair Products</a>

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**Carmen**

10/14/2014 09:51:24

Thank for sharing this great insights and reseach

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**Bholenath shiv shakaraya**

3/3/2015 13:14:55

OM namah shivaya

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**aimshigh7**

5/19/2015 17:44:55

Thanks for sharing your insights and knowledge.....was looking out for this kind of information for years.....seeking more details.....but very thankful on what you shared...

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**Anto**

6/15/2015 07:38:41

hmm, it actually takes a handful of kcal to grow a day worth of beard and even more if we include hair.

You're right that many people have hair which eventually stop growing and sort of autocut if let to grow loose, but I wonder about those people whose hair has grown past the floor height, such people ever having a limit in the length of their hair, seem it's yet to be found, so I'd say it keeps consuming energy. This is more valid for body hair which actually stops at a very short length but quickly starts growing back if shaved or cut.

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